



At EQ Cafe and Bakehouse, we believe in 'Brewing Connections' - whether it's over a perfectly crafted cup of coffee or a freshly baked treat straight from our oven. EQ stands for Excellence & Quality, and that's exactly what we bring to your table with every dish, every sip, and every smile.

With eight locations across Canberra, we're more than just a cafe we're your go-to spot for fresh, in-house dishes made with love and care. Our bakehouse is the heart of it all, where handmade pastries, artisanal breads, and delightful desserts come to life, filling our spaces with the comforting aroma of home.

Whether you're meeting friends, sharing ideas, or simply savoring a quiet moment, our cozy atmosphere is the perfect backdrop for any occasion.

Planning something special? Let us elevate your event with our catering and event services crafted to impress and designed to make every moment unforgettable.

Come for the food, stay for the experience!

Flip the page and dive into a journey of amazing dishes, crafted just for you.



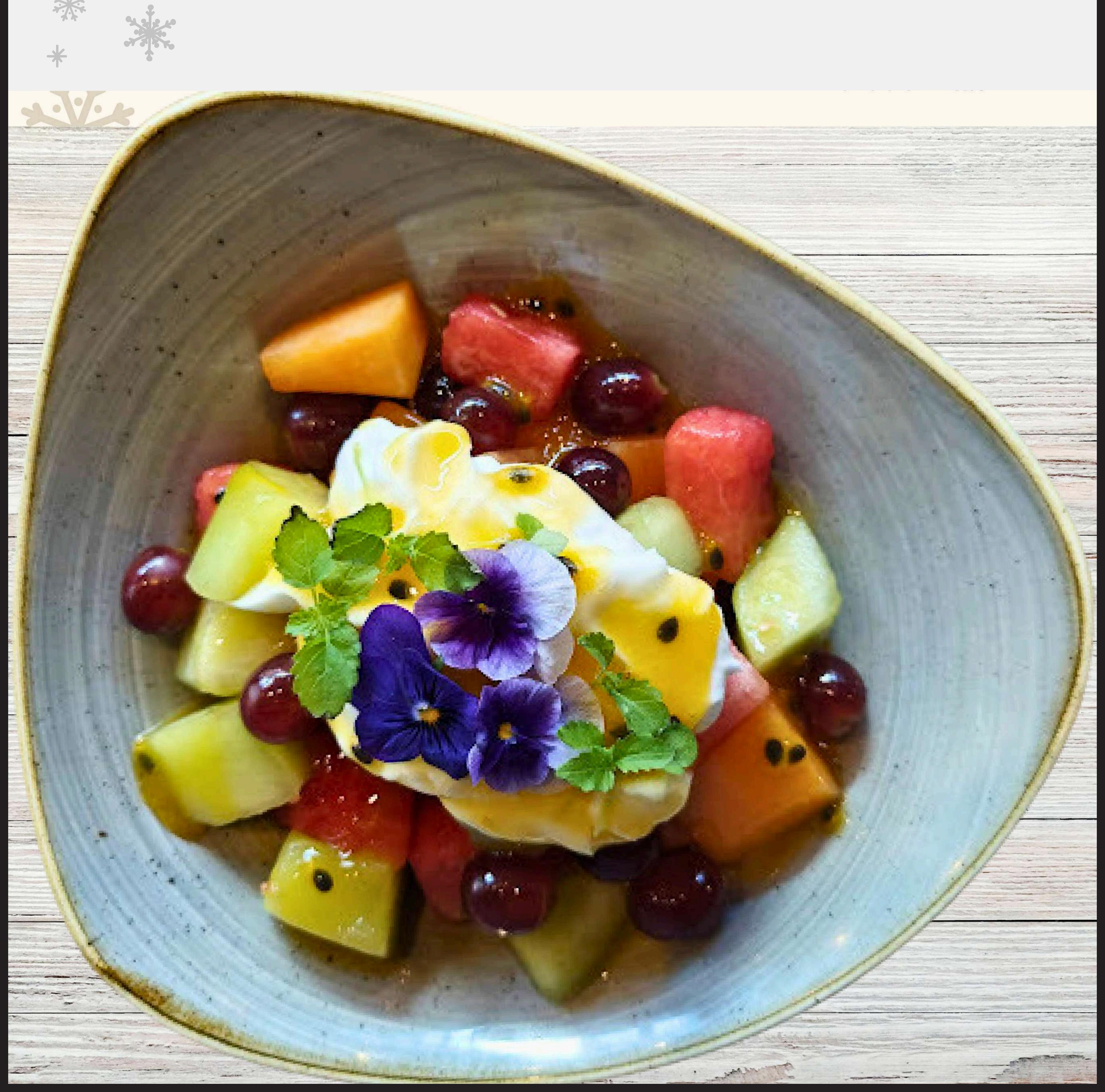
## Fruits & Grains

## HOUSE MADE GRANOLA \$15 (V) (DF)

Bakehouse granola, coconut yoghurt and cardamom spiced orange with your choice of milk

## FRESH FRUIT AND \$15 YOGHURT BOWL (V) (DF)

Seasonal fruit topped with coconut yoghurt and passionfruit pulp



# Morning Breakfast

#### STRAWBERRY SUNDAE WAFFLES (V)

\$18

Brussel waffles topped with macerated strawberries, berry coulis & vanilla ice cream







# All Day Breakfast

#### BREAKFAST TACOS

Two mini flour tortilla, creamy scrambled eggs, avocado, bacon and pico de gallo

#### EQ BAKEHOUSE ARTISAN TOAST (V)

Choose from white sourdough, multigrain sourdough, raisin bread or gluten free bread. Spread options include strawberry jam, peanut butter and Vegemite

#### HCT TOASTIE / (GF) ON REQUEST +2

Toasted sandwich with smoked ham, melted cheese and ripe tomato on golden bread.











### CLASSIC AVO ON TOAST (V) (GE) ON REQUEST +2

#### / (GF) ON REQUEST +2 \$5 TO MAKE IT DOUBLE

Fresh smashed avocado and feta served on house baked sourdough or multigrain slice

- +5 extra for two Slices
- +1 Poached Egg \$3 extra

#### OMELETTE

\$12.50

Fluffy eggs folded with BBQ Mushroom and Feta cheese served with multigrain sourdough

- +Half avocado \$5 extra
- +Grilled bacon \$5 extra
- +Hash brown \$5 extra



\$18







#### EGGS ON TOAST / (GF) ON REQUEST +2

2 Poached, scrambled or sunny side up on sourdough or multigrain toast

- +Bacon \$5 extra
- +Avocado \$5 extra
- +Smoked salmon \$6 extra

#### EQ BIG BREAKFAST

2 eggs your way, bacon, grilled chorizo, BBQ mushrooms, grilled tomato, avocado, hashbrown, red pepper compote, wilted baby spinach and sourdough

#### EGGS BENEDICT

/ (GF) ON REQUEST +2

2 soft poached eggs, sautéed spinach, hollandaise sauce on sourdough toast with your choice of

- Bacon
- Smoked salmon \$1 extra
- Sautéed vegetables

#### \$15

\$23

\$19

## DOUBLE BACON & EGG ROLL

**D1** 

2 Fried egg, 2 grilled bacon, swiss cheese, on a homemade brioche bun with either chilli jam, tomato or bbq sauce

- + Hashbrown \$5 extra
- + Caramelised onion \$1 extra

#### BREAKFAST BURRITO

\$16.50

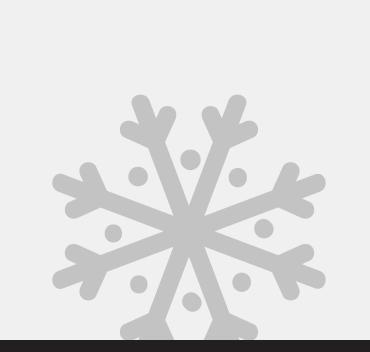
Flour tortilla, creamy scrambled eggs, spiced potatoes, marinated refried beans, avocado, cheese, served with chipotle and tomato salsa

- +Diced chorizo \$3 extra
- +Diced bacon \$3 extra

#### BREAKFAST SIDES-

Avocado Sautéed Baby Spinach Roasted Tomato Hash Brown Grilled Chorizo	<ul><li>5</li><li>4</li><li>5</li><li>5</li></ul>
Grilled Bacon Smoked Salmon	5 6
Grilled Halloumi	5







# All Day Lunch



## CHICKEN PARMI BURGER

\$16.50

Crumbed Chicken Breast,
Lettuce, cheese, topped with
Napolitana Sauce served on Milk
Bun

+ Straight cut chips \$5 Extra

#### AUSSIE BEEF BURGER

\$16.50

Beef Patties, Crisp Lettuce, Bacon, Slice Tomato, Thousand Islan Sauce Served on Milk Bun

+ Straight cut chips \$5 Extra

#### FISH WRAP

\$15

Cos Lettuce, Tartare Sauce, Battered Fish Served on Soft Tortilla

+ Straight cut chips \$5 Extra

## CLASSIC FISH & CHIPS (DF)

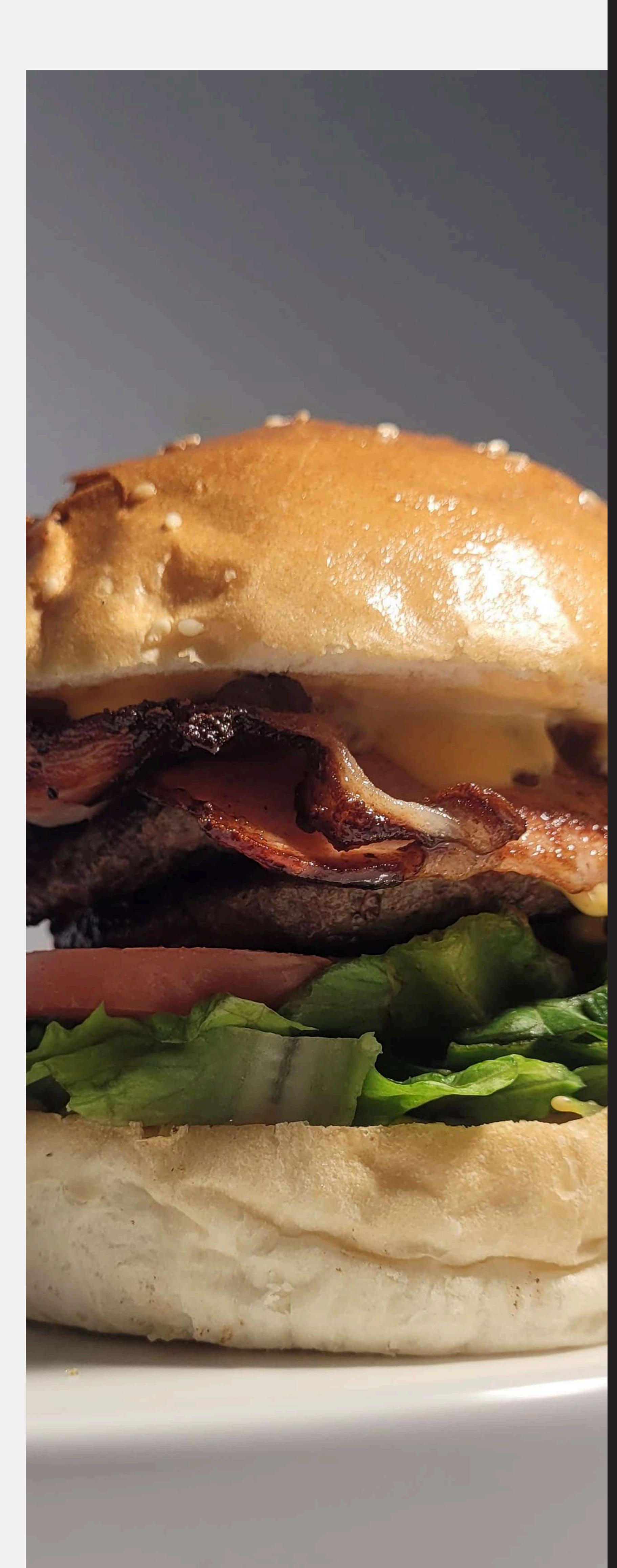
\$21

Flathead battered Fish , House salad, Chips Served with Side of tartare Sauce

#### APPETIZER

Sweet Potato Chips	10
Potato Wedges	10
Straight Cut Chips	10







## CLASSIC CLUB SANDWICH

\$16.50

Toasted white bread layered with grilled chicken, smoked turkey, crispy bacon, fried egg, fresh tomato, avocado, and mayo

+ Straight cut chips \$5 Extra

#### CLASSIC REUBEN

\$16.50

Swiss Cheese, Corned Beef,
Sauerkraut, Thousand Island
Sauce served on Slice of House
made Sourdough

+ Straight cut chips \$5 Extra

#### EPIC HAM

\$16.50

Toasted White Bread Topped with Honey Mustard, Onion, Slice Tomatoes, Mix Lettuces, Cheese, Smoked Ham

+ Straight cut chips \$5 Extra

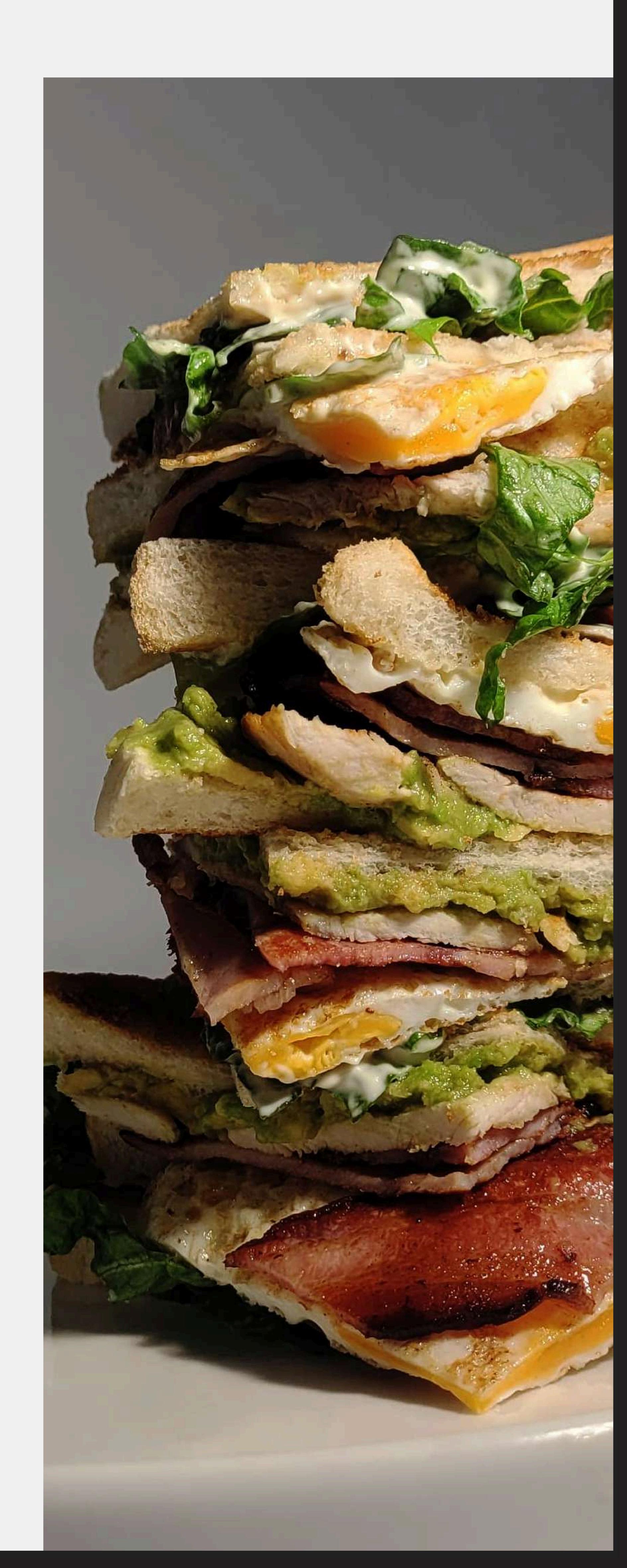
#### STEAK SANDWICH

\$16.50

Soft White Bread Topped with Steak, Red Pepper, Mix Lettuce, aioli and Swiss Cheese

+ Straight cut chips \$5 Extra





# Fresh Juices

#### IMMUNITY BLEND

Strawberries, Freshly Squeezed Orange & Freshly Juiced Watermelon

#### ENERGY JUICE

Orange, apple, carrot & ginger

#### **9**

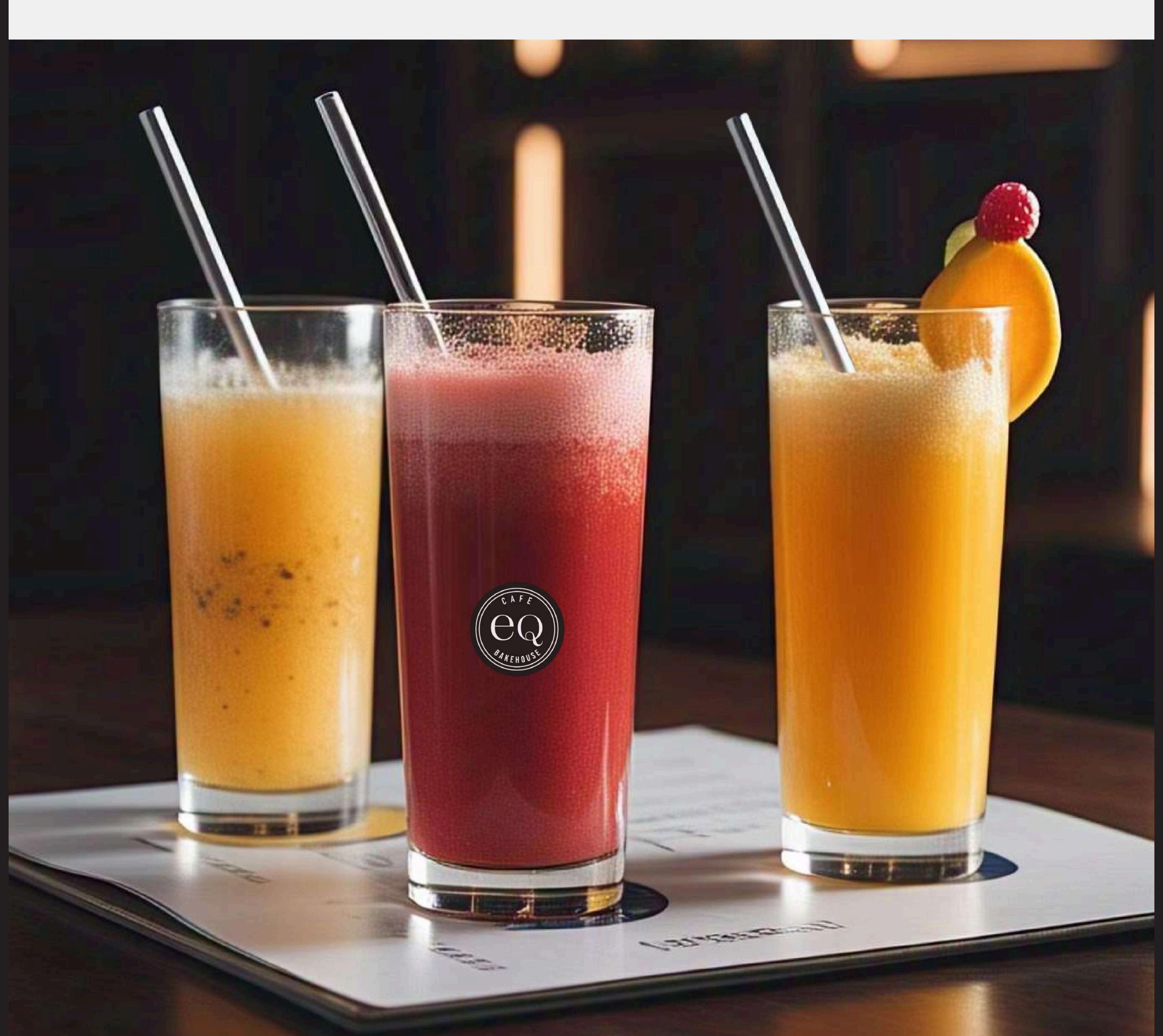
\$9

#### BERRY BLEND

Mixed Berries with Freshly juiced Apple, Pineapple & Orange

#### GREEN GODDESS

Cucumber, celery, spinach, apple & ginger



# Non Dairy Frappe

FLIP OUT

4

LEMON FRAPPE

\$10

Passionfruit, mango ice, tropical juice

Orange, sorbet, ice and freshly squeezed lemon

GOLDEN FRAPPE

\$10

WATERMELON FRAPPE \$10

Sorbet, tropical juice, ice and freshly juiced watermelon

Mango, banana, pineapple, ice and tropical juice





# Iced Drinks

ICED LATTE	\$7
Espresso coffee, ice & milk	
ICED COFFEE	\$8
Espresso coffee, ice cream & milk with Chocolate Powder	
ICED LONG BLACK	\$6.50
Espresso coffee, ice & water	
ICED MOCHA	\$8
Espresso Coffee, Chocolate syrup Ice & Milk with chocolate powder	
ICED CHOCOLATE	\$8
Chocolate Syrup, Milk, Ice Cream with Chocolate Powder	
ICED CHAI LATTE	\$7
Spiced Chai Flavour, Milk & Ice	
ICED MATCHA LATTE	\$8
Sweet matcha powder, ice & milk	
STRAWBERRY MATCHA	\$9



Sweet matcha powder blended

with strawberry syrup, ice & milk



## Protein Shakes

SLIM-N-TRIM

\$12

PEANUT POWER

\$12

Banana, mango, apple, pineapple, whey protein, ginger & spinach

Banana, peanut butter, dates, low fat milk & whey protein

VEGAN ESPRESSO MOCHA

\$12

Banana, dates, oat milk, espresso, cocoa & plant protein





# Shakes, Smoothies & More

#### BANANA SMOOTHIE

\$9

Banana, ice cream, milk & honey

#### MIXED BERRY SMOOTHIE \$9

Mixed berries, ice cream, milk & honey

#### MANGO SMOOTHIE

\$9

Mango, banana, mango nectar & sweet yoghurt

#### MILKSHAKES

5

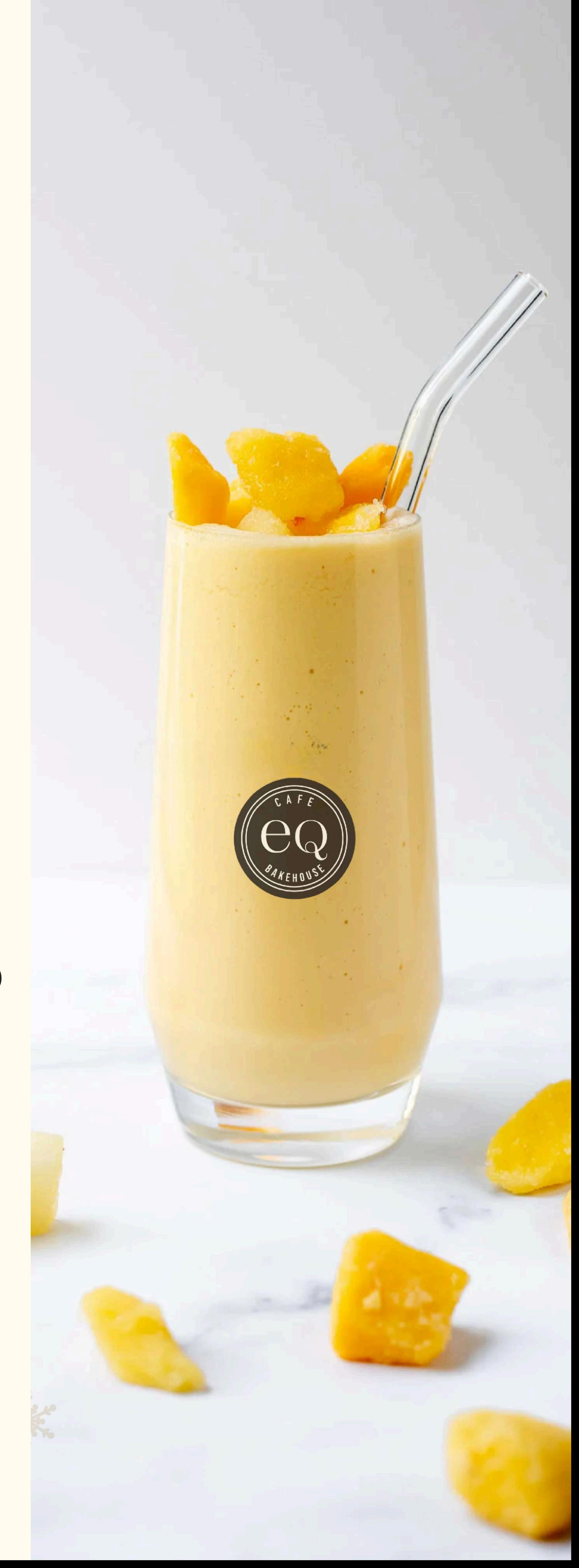
Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, banana, lime, cookies & cream

#### THICKSHAKES

\$8.50

Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, banana, honeycomb, cookies & cream







Our Menus are Subject To Change without notice. A 15% surcharge applies on Public Holidays. Not all Ingredients are listed on the menu. Please make your server aware of any dietary requirements before ordering.

Please be aware that our menu contains allergens and is prepared in the kitchen that handles nuts, shellfish, gluten and eggs. Whilst all reasonable efforts are taken to accommodate guest dietary needs. We cannot guarantee that our food will be allergen free.